



Green Mountain High School

FOOTBALL BOOSTERS

MINUTES OF THE FOOTBALL BOOSTERS REGULAR MEETING

Held: Tuesday | January 13, 2015 | 6:30 p.m.

The meeting came to order at 6:33 p.m. The following Green Mountain High School Football Boosters were in attendance:

President David Clabaugh, Vice President Colette Bell, Treasurer Jenny Lagerberg, Secretary Erika Jacob, Coach Jared Wallen, Community Outreach Specialist Bridget Stoklosa, Website Specialist Sarah Santo

➤ MINUTES REVIEW & APPROVAL

- December 2014 minutes reviewed and approved.

➤ TREASURER'S REPORT

- Pay Pal money in bank account
- All recent checks are in account
- Nothing done on the books since the end of December
- Getting merchant account set up through First Bank, so hopefully people can make payments online through this rather than Pay Pal
- We need to be clear with families that the company takes a percentage of what is earned. We absorbed that 20% last year (about \$700)

➤ COACHES REPORT

- Good numbers in weight lifting class, 50 in class + 11 that can be in the class due to other sports
- Working on contacting and retaining 8th graders – looking for 30-35 to actually come from the 2 8th grade teams coming up
- Working on calendar and budget for the year
- Signed up for Glazier clinic – all coaches
- Will have meeting early Feb with coaches to get plan in order
- Looking to get seniors placed in colleges – 17 colleges have come through, but no one signed yet
- Helmets have been reconditioned and some shoulder pads as well – ordered 10 new pairs of shoulder pads
- Ordered supplies for the weight room for flexibility and strength training – band system – can pay for it out of a different account
- Re-branding weight lifting t-shirts, buying a lot and looking for each player to have 2
- Met with Mrs. Owens regarding fields – school is working on getting a grant through the City of Lakewood and this will happen in stages if we get it. – Moving forward, we will not have a new field next Fall
- Investigating camps and fundraising – Was OurFund successful?
- Re-evaluating the coaching staff – Coach White retired

- Hired Coach Pees as offensive coordinator
- Haven't finished coaching assignments for all positions – positions are advertised on the CHSSA website until positions are closed
- Weight training program based on the work of Derek Summers – year round training for multisport athletes – 1 week periodization – problem with this is redundancy
- Met with Ty Montgomery from UNC about weight training program
- Measure and test with results 3x/yr

➤ NEW BUSINESS/ FUND RAISING

- Got half of the knee braces funded already
- Would love to fit the players in May or at latest early Aug – Bridget will try looking into corporate and alumni sponsorships
- Thunder Valley May 30th – selling programs will be added to our functions
- Butter Braids 1x/yr not 2
- March meeting will be for Thunder Valley to fine tune details
- At Thunder Valley there are 7 local races and Dave needs flaggers for the events. Sat – 5 hours with 4-5 kids, Sunday 6:30-5 and 10-12 kids at \$10/hr
- Possibly send monthly statements to parents next season so they can keep track of where their kids are
- Use peers to get more players to be/stay accountable
- Colette – conversation about players learning better form so not getting injured as well as work on nutrition. This is something Mason got from a personal trainer and felt technique taught by the trainer was different and helpful.

➤ VOTING

All board positions retained by current members as they were running unopposed
 President – Dave Clabaugh
 Vice President – Colette Bell
 Treasurer – Jenny Lagerberg
 Secretary - Erika Jacob

➤ WEBSITE INFO

➤ ACTION ITEMS

- **Coach to get new VNN website person for Sarah to contact**

There being no further business to conduct, the meeting was adjourned at 7:28 p.m.

The foregoing minutes were approved by the Green Mountain High School Football Boosters on this the 9th day of February, 2015 as constituting a true and accurate account of the above-referenced meeting. The undersigned certifies that a quorum was reviewed the minutes.

Erika Jacob, Secretary
 GMHS FOOTBALL BOOSTERS